



CONSOLIDATED SCHOOL DISTRICT OF NEW BRITAIN

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NEW BRITAIN'S CHEFS TO SCHOOL PROGRAM ROLES AND RESPONSIBILITY OUTLINE

Campaign: 'Eating Smarts' is a campaign to change the climate towards health, nutrition, and wellness in New Britain schools. With the advent of the First Lady Michelle Obama's *Let's Move* program (http://www.letsmove.gov/blog/united_we_serve.html) that calls for the education of our nation's students to learn about health, nutrition, and fitness, we are combining a 'Let's Move' Club component to Park and Rec's program. This is being realized through the distribution of nutrition materials throughout the District, nutritionists being placed in New Britain schools through UCONN's College of Agriculture and Extensions Program, use of calorie count software through Whitsons Culinary Group's website www.whitsons.com/nutrition, and a chef to farms partnership with Urban Oaks and Celebrity Chef Billy Grant of Restaurant Bricco and Grants Restaurant and Bar and Whitsons Culinary Group through Director Jeffrey Taddeo. The Fitness component go hand in hand through existing physical education programs currently existing in New Britain schools and will be inherent in the Parks and Rec's program.

Chefs to School Program: This is a culinary program that partners with area chefs from the greater Hartford area to work with New Britain students during an after school program through New Britain's Parks and Recreation. From 2:30-4:30 p.m. for one day each week, schools in New Britain will offer nutrition and culinary skills. Food for the demonstration will be sponsored through the generous donation of Whitsons Culinary Group. Chefs will be responsible for creating a sample menu to demonstrate for students, pertaining to healthy snacks, simple meals, children-friendly desserts, to food preparation and ingredient selection skills, taking into account nutrition and wellness. Once a month, chefs will work with students to present to parents a dish or a technique the students have learned or acquired that day. Nutrition information and sample recipe will be provided for parents as part of creating a home school connection and extending the education about nutrition and fitness.